



ST. JAMES CATHEDRAL
The Seventh Sunday in Ordinary Time
February 19, 2023

ORDER OF CELEBRATION FOR THE

Seventh Sunday in Ordinary Time

SENDING OF THE CATECHUMENS TO THE RITE OF ELECTION (10:00am)

CELEBRATION OF THE SACRAMENT OF BAPTISM (Noon)

PRELUDE

“Cantabile” from *Symphony No. 2*

Louis Vierne (1870–1937)

Concerto No. 1 in G-Major, BWV 592

Johann Sebastian Bach (1685–1750)

The Introductory Rites

ENTRANCE

Joyful, joyful, we adore you

ODE TO JOY



1. Joy - ful, joy - ful, we a - dore you, God of glo - ry,
2. All your works with joy sur - round you, Earth and heav'n re -
3. Al - ways giv - ing and for - giv - ing, Ev - er bless - ing,
4. Mor - tals join the might - y cho - rus, Which the morn - ing

Lord of love; Hearts un - fold like flowers be - fore you,
flect your rays, Stars and an - gels sing a - round you,
ev - er blest, Well - spring of the joy of liv - ing,
stars be - gan; God's own love is reign - ing o'er us,

Open - ing to the sun a - bove. Melt the clouds of sin and
Cen - ter of un - bro - ken praise; Field and for - est, vale and
O - cean depth of hap - py rest! Lov - ing Fa - ther, Christ our
Join - ing peo - ple hand in hand. Ev - er sing - ing, march we

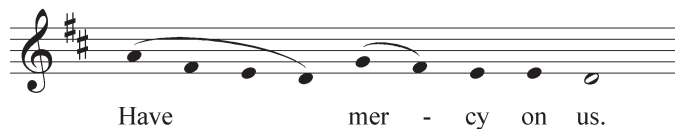
sad - ness; Drive the dark of doubt a - way; Giv - er of im -
moun - tain, Flow - ery mea - dow, flash - ing sea, Chant - ing bird and
broth - er, Let your light up - on us shine; Teach us how to
on - ward, Vic - tors in the midst of strife; Joy - ful mu - sic

mor - tal glad - ness, Fill us with the light of day!
flow - ing foun - tain, Prais - ing you e - ter - nal - ly!
love each oth - er, Lift us to the joy di - vine.
leads us sun - ward In the tri - umph song of life.

PENITENTIAL ACT

Missa de angelis

Vatican VIII



Have mer - cy on us.

The Liturgy of the Word

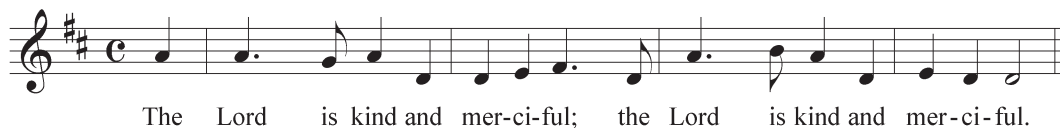
FIRST READING

Leviticus 19:1-2, 17-18

PSALM RESPONSE

Psalm 103

Michel Guimont (b. 1952)



SECOND READING

I Corinthians 3:16-23

ALLELUIA

Mode VII



GOSPEL

Matthew 5:38-48

HOMILY

Father Michael G. Ryan

Sending to the Rite of Election (10:00am)

CALLING OF THE CATECHUMENS

TESTIMONY OF THE GODPARENTS

The sponsors of the catechumens testify to their readiness for the Easter sacraments of Baptism, Confirmation, and Eucharist.

ENROLLMENT OF NAMES

The catechumens sign their names in the Book of the Elect, in preparation for the Rite of Election, to be celebrated in the Cathedral next Saturday.

PRAYER OF THE FAITHFUL

Lord, we ask you, hear our prayer.

Litany of Saints

DISMISSAL OF THE CATECHUMENS (10:00am)

The Rite of Baptism (Noon)

INTERCESSIONS AND LITANY OF SAINTS

Litany of Saints

THANKSGIVING OVER BLESSED WATER

PROFESSION OF FAITH All join in the response, **I do.**

ACCLAMATION FOLLOWING EACH BAPTISM

Norah Duncan IV (b. 1952)



EXPLANATORY RITES

CREED (except 10:00am and Noon)

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

All BOW

and by the Holy Spirit was incarnate
of the Virgin Mary, and became man.

All STAND UPRIGHT

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,

and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

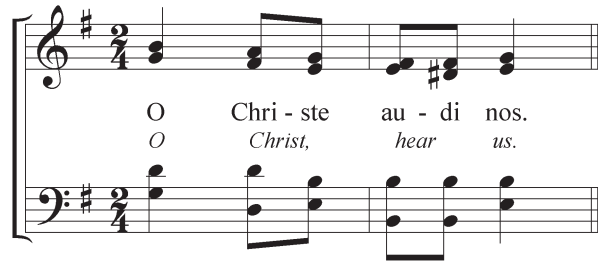
I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic
and apostolic Church.

I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

PRAYER OF THE FAITHFUL

Jacques Berthier (1923–1994)



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

(Sunday evening)

Beautiful Savior

Silesian folk tune, arr. F. Melius Christiansen (1871–1955)

Ecce panis angelorum

Théodore Dubois (1837–1924)

SANCTUS

Mass for the City
Richard Proulx (1937–2010)



Ho - ly, ho - ly, ho - ly, Lord God of hosts.____

Heav - en and earth____ are full of your glo-ry. Ho - san - na, ho -

san - na, ho - san-na in the high - est. Bless - ed is he____ who

comes in the name of the Lord. Ho-san - na, ho - san - na, ho - san-na in the

high - est. Ho - san - na, ho - san - na, ho - san-na in the high - est.

MYSTERY OF FAITH

Richard Proulx



When we eat this Bread and drink this Cup, we pro-

claim your Death, O Lord, un - til you come a - gain.

AMEN

Richard Proulx

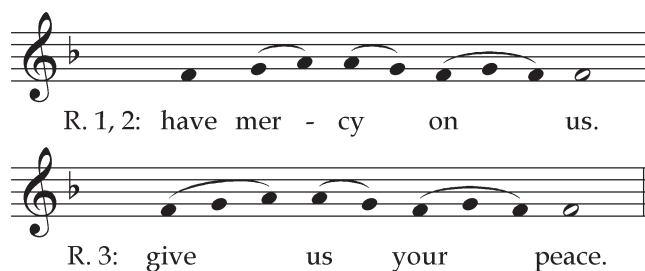


A - men, a - men, a - - - men.

LORD'S PRAYER

AGNUS DEI

Missa de angelis
Vatican VIII



R. 1, 2: have mer - cy on us.

R. 3: give us your peace.

Please kneel following the Lamb of God and remain kneeling until it is time for your row to go forward for Holy Communion.

COMMUNION

Narrabo omnia mirabilia tua

chant, Mode II

I will relate all your wondrous deeds.
I will be glad and rejoice in you;
I will sing to the honor of your name, O Most High.

(10:00)

Alleluia

Randall Thompson (1899–1984)

HYMN OF PRAISE

Father, we thank thee, who hast planted

RENDEZ A DIEU

1. Fa - ther, we thank thee, who hast plant - ed Thy ho - ly
2. Watch o'er thy Church, O Lord, in mer - cy, Save it from

Name with - in our hearts. Knowl - edge and faith and life im -
e - vil, guard it still, Per - fect it in thy love, u -

mor - tal Je - sus, thy Son, to us im - parts.
nite it, Cleansed and con-formed un - to thy will.

Thou, Lord, didst make all for thy plea - sure, Didst give us
As grain, once scat - ter'd on the hill - sides, Was in this

food for all our days, Giv - ing in Christ the Bread
bro - ken bread made one, So from all lands thy Church

e - ter - nal; Thine is the power, be thine the praise.
be gath - er'd In - to thy king - dom by thy Son.

PROCESSION

Marche in E-flat Major

Théodore Salomé (1834-1896)

ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

PAROCHIAL VICAR Reverend Alex Pablo

IN RESIDENCE Reverend David A. Brant

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

John Simpson, Director of Faith Formation (206-654-4658)
John Marquez, RCIA (206-654-4640)
Theresa Van de Ven, Children's Faith Formation (206-219-5822)
Andrew Braley, Youth Minister (206-382-2018)
Jennifer Wong, Faith Mentors & Faith Friends (206-619-0816)
Patty Pruitt, Administrative Assistant

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)
Julie Sharples, Peter Burns, Wendell Dyck, sacristy (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist
Christopher Stroh, Assistant Director of Music & Organist
Stacey Sunde, Director of Youth Music
Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)
Cathedral Kitchen: Mick McHugh (Director) (206-264-2091),
Tom Bentler (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

Anisa Ralls, Director (206-382-4269)

ST. JAMES IMMIGRANT ASSISTANCE (206-382-4511)

Christopher J. Koehler, Director
Patrick Suhrbier, Senior Immigrant Legal Services
Sayuko Setvik, Tutoring Coordinator
Laura Murton, Immigration Legal Coordinator
Erica de Klerk, Refugee Welcome Coordinator

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)
Caroline Okello, Welcome & Volunteer Coordinator (206-654-4650)

PARISH OFFICE

Yanti Kapoyos, Weddings and Funerals (206-382-4288)
Bev Mauser, Louise Mennella, Wedding Coordinators
Mary MacLean, Bookkeeper (206-382-4564)
Maggie Corrigan, Office Manager (206-622-3559)

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)
Alan Frasher, Brian Jones, Frank Wang, Abeba Ghezai, facilities

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8:00am - 10:00am - 12 Noon - 5:30pm
Weekdays 8:00am (M, T, W, Th, F, S) & 12:10pm (M,W,F)
Saturdays 8:00am & "Vigil" 5:30pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm

CONFESSIONS/SACRAMENT OF RECONCILIATION Saturdays,

8:30am-9:30am (following 8:00am Mass) and by appointment

BAPTISM Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Theresa Van de Ven for information, 206-219-5822.

MARRIAGE Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Yanti Kapoyos, Wedding Office, 206-382-4288.

ANointing of the SICK In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the parish office for information.

FUNERALS for parishioners, contact Yanti Kapoyos, 206-382-4288

CATHEDRAL COLUMBARIUM Maria Laughlin, 206-382-4284

PARISH OFFICE HOURS: Monday through Friday, 9:00 am - 5:00 pm.

After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

Website: www.stjames-cathedral.org

WELCOME, VISITORS! *If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese.*

The 7th Sunday in Ordinary Time February 19, 2023

ON THE COVER *The temple of God, which you are, is holy.* Detail of clerestory window, St. James Cathedral. Charles Connick artist.

FLOWERS AT THE ALTAR are offered by Debe and Jeff Meder in loving memory of their mother, Edythe Kube, on her 90th birthday.

HOSPITALITY AFTER SUNDAY 10:00AM MASS Join us in Cathedral Hall for pastries from Macrina Bakery, hard-boiled eggs, fresh fruit, and the chance to visit with fellow parishioners.

ASH WEDNESDAY IS FEBRUARY 22 On Ash Wednesday, Masses with the distribution of ashes will be at 8:00am, 10:10am (with O'Dea High School), 12:10pm, and 6:00pm.

ST VINCENT DE PAUL THANKS YOU for your donations to the special collection taken for SVdP on the third Sunday of the month. Without your support, we could not provide material aid to residents of St James parish who call the SVdP Helpline (206-767-6449). Whether you drop a single dollar bill or many dollars into the SVdP collection basket, mail us a check or donate to SVdP at the St James website online, we know it is important to you to help our neighbors in need. Each time we make a home visit to one of those neighbors, we have the privilege of accepting their deep gratitude for your help. Thank you! *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.

AFGHAN FAMILY NAVIGATES TRANSITIONS A father experienced a reduced work schedule due to seasonal changes in the hospitality industry. Members of the St. James Refugee Support Team connected his family with St. Vincent de Paul and the Hunthausen Fund to receive temporary rental assistance. Additionally, team members accompanied this father in accessing employment training and job leads. One referral led to a new, full-time job for the father! The rental assistance and employment resources allowed this family of four to remain housed and independent. *Information*, Erica de Klerk, edeklerk@stjames-cathedral.org or 206-382-4511.

PARISH REMEMBRANCE *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day.* This week we pray for the parish of St. Peter in Seattle, and for St. Peter Mission in Deming, Suquamish, Tenino.

CARE FOR CREATION TIP OF THE WEEK How do you respond to the cry of the Earth? “This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her... We have forgotten that we ourselves are dust of the earth (cf. Gen 2:7); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters (Pope Francis, *Laudato Si'*)”. How do you listen and respond to the cries of the Earth. This means understanding where we are plundering, poisoning and polluting and harming our common home and all forms of life who live there. It asks us to live up to our vocation to be stewards of creation, safeguarding the beauty of the earth and ensuring the wellbeing of all.

FEBRUARY IS BLACK HISTORY MONTH As we continue our commemoration of Black History Month, visit Xavier University's website (<https://www.xavier.edu/jesuitresource/resources-by-theme/black-history-month>) to learn more about the intersection of Spirituality and Race. “We must never forget that Black History is American History. The achievements of African Americans have contributed to our nation's greatness.” –Yvette Clarke

YOUNG ADULTS If you're looking for community and to grow deeper in your devotion to Jesus Christ, you're invited to join our weekly Young Adult Gathering! We meet every Sunday at the Pastoral Outreach Center from 6:30-8:00pm immediately following the 5:30pm Mass. A simple supper and drinks will be provided, and parking is available at O'Dea. *Information*, Andrew Braley, abraley@stjamescathedral.org or text 206-330-1512.

ARCHDIOCESE MENTAL HEALTH MINISTRY WELLNESS WEDNESDAYS On the first Wednesday of each month, 7-8:30pm, on Zoom, free presentations are offered on different mental health topics. The next session, March 1, Emily Caldwell Meeks will speak about Dementia Friends of Washington: Increasing Awareness and Community Support. *To register for this and future events*, archseattle.org/ministries/outreach-ministries/mental-health-ministry/

NAMI SUPPORT GROUPS Open to anyone with a family member/loved one living with a mental health condition. On the first Saturday of the month online; on the third Saturday of the month in person at St James Cathedral in Pastoral Outreach Center (enter through courtyard), 1:30-3pm. *Information and to register for online meeting*, www.namiseattle.org. Mindful Alternative Support Group is offered on the last Saturday of the month, 2-3:30pm, online only. *Information and to register*, mindfulalternative.org.

ADULT CONFIRMATION Are you or is someone you know 17 or older and in need of the Sacrament of Confirmation? The sacrament will be celebrated on Thursday, May 11 at 7:00pm. Classes in preparation for Confirmation begin on Tuesday, February 28. Catholic Baptism and First Communion are required. The deadline for registration is February 21. *Information and registration*, John Marquez, 206-654-4640 or jmarquez@stjames-cathedral.org.

Opportunities to Serve

YOUTH ALTAR SERVERS Children who have received their First Holy Communion are eligible to participate in the Mass in a special way as altar servers. Altar servers add dignity to the liturgy and assist the priest during Mass. Altar serving is a great way for kids to get to know the Mass better, and participate actively in their faith along with other young people. The time commitment is flexible based on your family's schedule, and there are openings at all Masses. *Information*, Corinna Laughlin, claughlin@stjames-cathedral.org.

EXTRAORDINARY MINISTERS OF HOLY COMMUNION The Cathedral needs more communion ministers! The need is particularly great on Saturday and Sunday evenings. Confirmed, practicing Catholics of all ages are welcome to participate in this important ministry. Training is provided. *Information*, Corinna Laughlin, claughlin@stjames-cathedral.org.

CATHEDRAL KITCHEN As the Cathedral Kitchen prepares to return to complete in-person dining each weeknight, consider joining the Kitchen team by committing to prepare and serve meals once a week. *Information*, Mick McHugh, 206-264-2091 or MickMcHugh00@gmail.com.

SUNDAY BREAKFAST There are only two opportunities for homeless and low-income people to enjoy a free breakfast on Sunday mornings, and St. James is one of them. Volunteers come in either on Saturdays to cook, or Sundays to heat up and serve breakfast. *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

SANDWICH MAKING MINISTRY Healthy sandwiches can be made at home and then brought to the Cathedral to share with men staying at the St. Martin de Porres Shelter. This is a great activity for families with young children, people with busy lives, and anyone who is not able to go out and serve. *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

OPPOSE EXPANSION OF ASSISTED SUICIDE Min this year's Washington State Legislative Session, Senate Bill 5179 is being considered, which would remove basic protections and safeguards in our state's current Death With Dignity law. SB 5179 is opposed by disability rights organizations as well as numerous individuals across our state. Please oppose SB 5179 for a vote. If the bill is scheduled for a vote then please vote NO. Learn who your state legislators are, and contact them in opposition to SB 5179, by going to <https://app.leg.wa.gov/districtfinder/>. *To receive more updates*, subscribe to the Washington State Catholic Conference newsletter, <https://www.wacatholics.org/be-an-advocate/join-our-network>.

Reflect and Renew

Encountering Christ this Lent



REFLECT AND RENEW is a simple small-group reflection based on the readings for each Sunday of Lent. Modeled on the format of our synodal listening sessions, these gatherings will provide time for prayer and silence, as well as sharing our own experience and listening to one another. There are two opportunities to participate, either in-person or on Zoom.

Monday evenings—in person, Holy Names Room

February 27, March 6, 13, 20, 6:30pm-7:45pm

March 27, 5:30pm-6:45pm

Wednesday evenings—on Zoom

6:30pm-7:45pm

March 1, 8, 15, 22, and 29

To register for either the in-person or Zoom session,
Maria Laughlin, mlaughterlin@stjames-cathedral.org or 206-382-4284

www.stjames-cathedral.org

Lent 2023 at St. James Cathedral

Dear Friends,

Did you know that the word Lent is an Old English word – a variation on the word “lengthen”? Spring is definitely in the wings: the days are lengthening, and we are moving steadily from the cold grip of winter into the arms of spring.

Most of us welcome spring with open arms. Would that we welcomed Lent as warmly! Lent means penance and self-denial and most of us are not much attracted to such things. I know I’m not. But penance and self-denial can be paths to deeper growth and freedom, and the Church’s time-tried Lenten program is all about growth and freedom. And there are plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

PRAYER. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to participate more fully, actively, and consciously in each of the Lenten Sunday celebrations, we would be doing something wonderfully worthwhile. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our faith. But we needn’t stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season.

Other Lenten prayer possibilities might include extending your family prayer at meal times, or taking some time each day to read and reflect prayerfully on a passage from one of the Gospels. And there are some wonderful prayer opportunities at the Cathedral: Sunday afternoon Vespers and Benediction of the Blessed Sacrament, the Stations of the Cross on Mondays and Fridays; and joining in Adoration after Mass on Thursday mornings. There are also opportunities to share your faith with others in small groups. This year we are hosting a five-week series called **Reflect and Renew: Encountering Christ this Lent**, both in-person on Monday evenings, and Wednesday evenings via Zoom. Please consider joining in one of these groups, focused on the Gospels of our Lenten Sundays.

Still one other wonderful opportunity for prayer this Lent is to pray for our “Elect” (the people who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). Their names are printed in this flyer. This can be a wonderful way of reaching out to our newest members, supporting them along their journey of faith. And it’s something absolutely everyone can do!

FASTING. The church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life’s comforts? And what better way to draw close to the suffering people of the world – the hungry, the homeless, the hopeless – than by tasting, even in a small way, their cup of suffering?

And here’s another way of reaching out to those who are hungry and homeless. Why not volunteer to help one weekend with our Sunday morning breakfast? Whether you come to help prepare the meal on a Saturday afternoon, or to serve our guests early on Sunday, this is a great way to be in solidarity with those who experience a “forced fast” every day. If you are interested, please contact Patrick Barredo.

ALMSGIVING. The Rice Bowl is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the collection time of the Mass, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

It was at our baptism that we got our Christian “passport,” and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together in faith, hope, and love!



Father Michael G. Ryan

Prayer and Faith Formation Opportunities

MASS The Sunday and weekday Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:00am daily, and Mondays, Wednesdays, and Fridays at 12:10pm.

THE WAY OF THE CROSS

is a wonderful Lenten tradition in the Church.

There are two opportunities to pray the Stations each week: on Mondays following 12:10pm Mass, and Fridays following the 8:00am Mass.

The Cathedral Stations of the Cross are the work of Joan Brand-Landkamer, inspired by 20th-century French artist Georges Rouault.



VESPERS AND BENEDICTION OF THE

BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

CONTEMPLATIVE EVENING PRAYER

On Friday, March 3 at 6:30pm, you are invited to join in contemplative evening prayer with the music of the ecumenical community of Taizé, France. With haunting chant, instrumental music, and time for silent prayer and contemplation in the candlelit Cathedral, this beloved tradition is the perfect way to enter into the season of Lent. *Please note that there is no Taizé Prayer on Friday, April 7, Good Friday.*

ADORATION OF THE BLESSED

SACRAMENT Each Thursday during Lent, Exposition of the Blessed Sacrament will follow the morning Mass and continue until 9:30am, with rosary and time for quiet adoration.

THE RICE BOWL is a wonderful way to grow in solidarity with the millions in our world who lack the basic necessities of life. Rice Bowls are in the vestibules of the Cathedral. Daily reflections available at www.crsricebowl.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard every Saturday from 8:30am-9:30am. Our communal celebration of the Sacrament of Penance will be Monday, March 27 at 7:00pm.

LENTEN STUDY FOR ADULTS Given the contentious world we live in today, how do we as followers of Jesus make choices in our personal and social life? Join Beverly Dunn SP during Lent as she explores the rich array of tools available to us as Catholics in navigating the complexities of contemporary life – scripture, discernment and the wisdom of our Catholic teaching. The five-session study will be offered Tuesday evenings from 7:00-9:00pm in Cathedral Hall, beginning Tuesday, February 28. *Information and registration*, 206-654-4658 or jsimpson@stjames-cathedral.org.

Reflect and Renew Encountering Christ this Lent

Reflect and Renew is a simple small-group reflection based on the readings for each Sunday of Lent. As our local Church prepares to work together in new ways as we implement Partners in the Gospel, this series will help us to listen other more

attentively and to reflect on how we encounter Christ in the Church and in community.

Mondays – in person
6:30pm-7:45pm, Holy Names Room
February 27, March 6, 13, 20, and 27

Wednesdays – on Zoom
6:30pm-7:45pm
March 1, 8, 15, 22, and 29

To register for either the in-person or Zoom session, email Maria Laughlin, mlaughter@stjames-cathedral.org.



Reflect and Renew
Encountering Christ this Lent

*A Five-Week Small Group Reflection
for the Archdiocese of Seattle*

RCIA During Lent

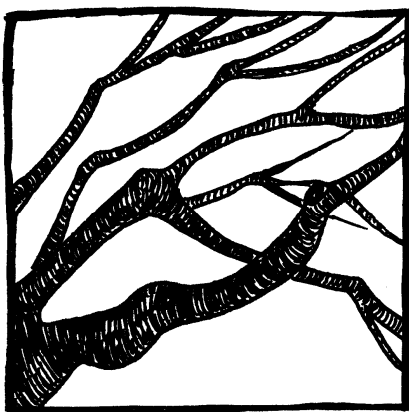
JOURNEY OF THE ELECT

Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

*Please pray for those to be baptized
at the Easter Vigil:*

Celeste Axelson • Dave Duche
Kate Fay • Olivia Hall
Sherri Pimentel • Aster Starr

Please visit the Place of Prayer near the Cathedral font or on the Cathedral website, and pray for our Elect each day during this season of Lent. As Easter draws near, you are invited to write a note telling our Elect of your prayerful support.



*The following are some
important moments in the
journey of our Catechumens:*

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election on February 25. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 12, 19, and 26.

SATURDAY, APRIL 8, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year. *Archbishop Etienne has granted a dispensation for Friday, March 17, St. Patrick's Day.*

Ash Wednesday is February 22, 2023. Good Friday is April 7, 2023.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

Musical Prayer during Lent

THE TENEBRAE CHOIR: A HYMN OF HEAVENLY BEAUTY Saturday, March 11 at 8:00pm

The award-winning U.K. choir Tenebrae, directed by Nigel Short, is one of the world's leading vocal ensembles, renowned for its passion and precision. In their first-ever Seattle concert appearance, they sing a program celebrating some of the finest choral works from the Renaissance through to the present day, ranging from the haunting Allegri *Miserere mei, Deus*, to Harris' spectacular *Faire is the Heaven*. Other works showcase the rich, dark sound world of the Russian orthodox, the prayerful intimacy of English masters, and the soaring contrapuntal lines of the late Renaissance. *Tickets and more information*, <https://www.stjames-cathedral.org/music/concerts> or 206-382-4874.



OPUS 7 VOCAL ENSEMBLE: SHOW US YOUR MERCY Saturday, March 25 at 8:00pm

Opus 7 Vocal Ensemble presents a powerful collection of choral music for the Lenten season expressing mercy and hope. Contemplate the solemnity of the season with lush romantic works by Mendelssohn, Rheinberger, Georg Schumann, Pizzetti, Szymanowski and Vilette; the crystalline, plaintive melodies of Henry Purcell; and American composers William Albright, Gwyneth Walker, and Seattle's Peter Hallock. The central work is Krzysztof Penderecki's *Agnus Dei*, written in 1981 as part of his *Polish Requiem* and dedicated to Cardinal Stefan Wyszyński. *The Polish Requiem* began as a commission from the trade union Solidarity to memorialize those killed in anti-government protests. *Tickets and more information*, <http://opus7.org/music/concerts/>.



THE OFFICE OF TENEBRAE Wednesday, April 5 at 7:30pm

The name Tenebrae (the Latin word for "shadows") was originally given to the ancient monastic services of matins (celebrated after midnight) and lauds (celebrated at dawn) of the last three days of Holy Week. By the late Middle Ages, these services were consolidated into a single daily celebration on each evening before Holy Thursday, Good Friday, and Holy Saturday.

Following numerous 20th-century papal reforms, Tenebrae today is celebrated in many different forms, which can include the chanting of the Lamentations of Jeremiah, in which each verse is introduced by a letter of the Hebrew alphabet, and the gradual extinguishing of candles and other lights in the church to signify the darkness that overshadowed the earth at Christ's crucifixion. The loud noise, or strepitus, at the conclusion of the service suggests the earthquake described in the Passion narratives. The single candle left burning is the symbol and promise of Christ's triumph over death and darkness.

The Cathedral Cantorei will sing Thomas Tallis' setting of the *Lamentations of Jeremiah* and the sublime *Miserere mei, Deus* by Gregorio Allegri, as well as plainchant psalmody. Father Michael G. Ryan, presider.

TRE ORE Friday, April 7 from 12pm-3pm

We observe the traditional Good Friday devotion of Tre Ore ("Three Hours") in which we remember the last words of Christ proclaimed from the cross. These brief exclamations from Jesus alternate with movements from Giovanni Battista Pergolesi's *Stabat Mater* and meditations by Diana Macalintal on the Seven Last Words of Christ. The Pergolesi is sung by Jubilate! Young Women's Ensemble, Stacey Sunde, director with the Cathedral Chamber Orchestra, conducted by Joseph Adam.

